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Butter Information Council

July 1980

NEW REPORT ON DIETARY FATS

This Council has for some time been concerned about advice
to the British public that dietary levels of fat, and
particularly saturated fat, should be restricted as a means
of preventing the incidence of Coronary Heart Disease.

Apart from the medical and research evidence for this advice,
which we consider to be inadequate, we are also concerned that
those who promote the benefits of such diets do not understand
their practical implications for individual patterns of food
intake and for agriculture. The Council therefore asked
Nutritionist, Janet Thorn, to make the necessary assessment,
and her results appear in the enclosed report.

The dietary advice is often crystallised (e.g. McGovern Report;
Centre for Agricultural Strategy) as the target of 30% of energy
from fat with a P/S ratio of 1.0. Janet Thorn shows in her report
what this would mean in practice. Changes to the national
dietary pattern would be extreme, and have serious implications
for livestock production. The implications of intermediate
targets are also calculated.

We hope that this information will interest you, and will be
pleased to forward additional copies of the report if they are
required.

Encl.